

## Savory Salmon Cakes

### Ingredients:

- 1 egg
- ¼ cup milk
- 2 slices white bread
- 213g canned skinless/boneless salmon drained (choose low sodium or rinse with water)
- 2 teaspoons Dijon mustard
- 2 tablespoons dill
- 1 green onion
- ¼ teaspoon black pepper
- 1 garlic clove
- 1 tablespoon lemon juice
- 1 teaspoon canola oil

### Preparation:

1. Whisk egg with milk in a medium bowl. Tear bread into small pieces and stir into egg mixture until mushy. Mash salmon into egg mixture. Stir in Dijon mustard, dill, and chopped onion. Season with pepper.
2. Scoop ¼ cup mixture, firmly packed and formed into a patty about ½ inch thick. Repeat with remaining mixture, making 6 patties.
3. Heat a large frying pan over medium heat. Add 1 teaspoon oil to pan, place patties in pan. Cook about 3 minutes on each side or until golden brown.

**Makes:** 6 servings

**Nutrition per serving:** 116 Calories, 12g Protein, 7g Carbohydrate, 5g Fat, 239 mg Sodium, 192 mg Potassium, 126 mg Phosphorus

**Adapted and adjusted from:** Chatelaine – 20 minutes Dinners